



Lesson Plan: Eat 5-A-Day

Time Frame: 30 Minutes



By the end of this session, participants will be able to:

- Identify several ways to incorporate fruits and vegetables in their own diet to achieve the 5-A-Day goal.
- Identify two ways they will incorporate more fruits and vegetables into family meals and snacks.

Materials needed:

- Dairy Council food models with Velcro attached, and a flannel board.
- Food Guide Pyramid poster (available at <http://www.usda.gov/cnpp>).
- Examples of fruit and vegetable serving sizes.
- Eat For Health *Kid Approved Snacks* menu cards.
- Copies of the most recent local grocery store(s) sales circular(s).
- A fruit or vegetable snack to sample (optional).
- Photocopies of the *Eat 5-A-Day* tip sheet.

Procedure:

- Ask the group if they have heard of 5-A-Day and why 5-A-Day is important.
- Emphasize that fruits and vegetables help keep children and adults healthy, translating to fewer trips to the doctor.
- Children can be notoriously picky eaters. Fruits and vegetables don't always make it to the top of their favorite foods list. However, children are often very receptive to fruits. Ask how many fruit and vegetable servings they usually get each day. Discuss serving sizes for fruits and vegetables. Discuss fruit juice vs. fruit drink.

ACTIVITY: Place food models on the flannel board in separate areas to represent breakfast, lunch, dinner, and snack(s). Ask what they would add/substitute to be able to get 5-A-Day. Repeat this activity twice. The second time, let the group plan the entire menu.

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<http://www.dhss.state.mo.us/MissouriNutrition>

- Ask the group if they eat three meals (plus snacks) each day. Discuss in relation to helping them make the 5-A-Day goal attainable for their particular lifestyle. Cost of fruits and vegetables will likely be mentioned.

ACTIVITY: Have the group look at the local grocery store(s) sales circulars.

Check prices of fruits and vegetables and discuss importance of buying "in season."

Compare the cost of a banana or apple to the cost of a small bag of chips or a candy bar. Discuss the nutrient value of each.

- Provide a simple-to-prepare fruit or vegetable snack for the group to sample, such as "Ants on a Log" from the menu card, or orange wedges (optional).

Evaluation:

Each participant will state two ways they plan to incorporate fruits and vegetables into their families' diets.

